

1st May 2020

Dear Families,

I hope you are all well and staying safe. The school is a very different place without all of you around and you are hugely missed; it is also very quiet! By now you should have received a phone call to check how you are getting on; I know the staff have really enjoyed catching up with you all.

My role as Safeguarding Lead doesn't stop because you are not at school as we still need to know you are keeping safe whilst in lockdown! You can do this by making sure you are following routines, completing work and taking some form of daily exercise. I know that you are probably fed up of hearing it, but it is really important for the following reasons:

- 1) Following routines – will help you plan your day and ensure you do not fall into bad habits. Hopefully soon you will be able to return to school and you will need to be following routines then, so it is a good idea to be used to this again
- 2) Completing your work – this ensures you don't fall behind with work and you are at the same stage as everyone else when we do get back to normality. More importantly it ensures that you don't get a call from me chasing why you haven't been onto SMHW yet!
- 3) Taking some form of exercise – this isn't only good for your body but it gets your brain working too ➡ which helps you complete your work ➡ which makes sure you don't fall behind. It helps towards your routines and obviously keeps you healthy!

Although this is a really difficult time, try to make the most of it by helping your family whenever you can; do something positive every day that you might not have done before. I now ring my parents every day which I definitely didn't do before (I know Mrs Heard is also talking to her Mum/Dad/brothers and sister every day too!) Remember you will be telling your children all about this time when you are older and you want to have loads to be able to tell them how you got through this challenging time.

Although you can't come into school at the moment, you are still able to contact your teachers, Form Tutor or Head of Year/Assistant Head of Year on their email for any issues or queries you may have regarding work or anything else that is worrying you. As well as this, you also have the option of contacting us on safe@raynespark.merton.sch.uk.

If you feel you would prefer to contact someone outside of school, as well as those sites you are familiar with e.g NSPCC, Childline or THINK you could try 'Kooth' which is a young person's wellbeing website or another site with lots of ideas and suggestions is the Anna Freud Centre.

We can't wait to see you all again soon; please make sure you stay well and think positively.

Remember to practice tucking your shirts (tops) in for when you return!

Thinking of you all and hoping you continue to stay safe,

Miss Finan

Assistant Headteacher
Designated Safeguarding Lead